

## ABSTRACT OF THE DISCLOSURE

A holographic recording medium includes a holographic recording carrier including a first light transmittable substrate, a second light transmittable substrate and a holographic recording layer sandwiched therebetween, a first antireflection film formed on the surface of the first light transmittable substrate and a second antireflection film formed on the surface of the second light transmittable substrate, and optical characteristics of the first antireflection film and those of the second antireflection film are determined to be different from each other. the thus constituted holographic recording medium can achieves improved data recording characteristics and data reproducing characteristics using an object beam and a reference beam, and concurrently enables desired positioning of an object beam and a reference beam, or only the reference beam, and detection of the address of the region in which data are being recorded or from which data are being reproduced using a position control beam.